

EC Support Groups

Open to All Adults

Diabetes Support Group

Facilitator: Liberty Home Care

Meetings are held the **1st Wednesday of every month at 10:00 a.m.** Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

Living with Vision Loss Support Group

Facilitator: Ruth Stone

Meetings are held the **2nd Wednesday of every month at 1:00 p.m.** This group was created for people with vision impairments (including Macular Degeneration) and their loved ones to discuss ways to cope with low vision.

Grancare Luncheon

Facilitator: Judi Womack

Meetings are held the **2nd Thursday of every month at 12:00 noon.** Are you a grandparent raising grandchildren and parenting the second time around? Grancare needs your participation. Please call 776-0501 ext. 2230, if you plan to attend.

Reservations required for lunch.

Alzheimer's Support Group

Facilitator: Judi Womack

Meetings are held the **1st Thursday of every month at 1:00 p.m.** This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources & help yourself & others deal with the present and plan for the future.

Sanford MS Self-Help Group

Facilitator: Rosemary McLeod

Meetings are held the **2nd Monday of every month at 6:30 p.m.** Self-help group for people living with multiple sclerosis & their families in the Sanford area.

The Caring Connection Support Group

Facilitator: Community Home Care & Hospice

Meetings are held the **1st Monday of every month at 10:00 a.m.** A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

“ANGELS” (Angels Now Getting Empathy, Love & Support) Caregiver Support Group

Facilitator: Gail Valentine

Meetings are held the **2nd & 4th Tuesday of the month 6:00 - 8:00 p.m.** Provides a forum for families and friends of individuals caring for loved ones. “ANGELS” share experiences, information, discuss mutual problems and learn coping skills.

Parkinson’s Disease Support Group

Facilitator: Bob Brickhouse & Marge Kanning

Meetings are held the **3rd Wednesday of every month at 10:30 a.m.** Support, problem solving and education for persons with Parkinson’s Disease, their families and caregivers.

Grief Support Group

Facilitator: Linda Moore

Meetings are held the **2nd Thursday of every month at 1:00 p.m.** Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Sanford/Lee County Stroke Support Group

Facilitator: Joy Murphy

Meetings are held the **2nd Thursday of every month at 1:00 p.m.** Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

All meetings are held at:
The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330
(919) 776-0501